

Winifred Ashby (Griffin)



1949



Winfred learnt to swim in a small natural pool and didn't take long to begin competing at the age of 12. From there things progressed to Winfred attending Auckland champs for a couple of weeks where she performed exceptionally well. She later attended the British Empire Games (now Commonwealth Games) in 1950 and 1954.

Her greatest achievement was attending the Olympics in Melbourne in 1956 as *"to be selected for a national team, to wear the silver fern, is never to be forgotten."*

*"You have so many opportunities now,
so believe in yourselves and
follow your dreams"*